

## First announcement

# 10<sup>th</sup> Aquatic Therapy Modular Course Package in Valens, Switzerland

Sunday May 02 – Friday May 14, 2010

Postgraduate Study Centre Valens, Rehabilitation clinic, CH-7317 Valens, affiliated to the Bad Ragaz Medical Centre. Info: Mrs. Gabriela Wyttenbach. Email: [info@study-valens.ch](mailto:info@study-valens.ch) Fax: +41 81 303 1410.

In partnership with the:

- Faculty of Rehabilitation Sciences, Katholieke Universiteit Leuven, Belgium (AquaEvidence network)
- Dutch Institute of Allied Health Care NPI, Netherlands
- Aquatic Therapy Section of the Association of Chartered Physiotherapists (UK)
- Australian Physiotherapy Association Aquatic Physiotherapy Group
- South African Society of Physiotherapy Aquatic Physiotherapy Group

Detailed information:

Johan Lambeck. Email: [info@halliwick.net](mailto:info@halliwick.net) or for a .pdf flyer: [www.halliwick.net](http://www.halliwick.net) at the opening page. Full course information can also be obtained from: [http://www.klinik-valens.ch/de/study\\_centre/kurse.php?cat=13#](http://www.klinik-valens.ch/de/study_centre/kurse.php?cat=13#) (includes a photo impression in pdf)

Faculty: Urs Gamper, Anne Bommer, Johan Lambeck and guest-lecturers

This 10<sup>th</sup> edition **will include special offers** and continues to present the state of knowledge in aquatic therapy. Updated contents provide students with a comprehensive picture of current research that supports case oriented decision making, clinical reasoning, problem-solving and goal- setting in aquatic therapy.

This intensive postgraduate aquatic therapy course (127.7 academic contact hours) is unique in the world. The basis is "learning-by-doing": pool practice encompasses 83.7 hours Five aquatic treatment concepts form the practical implementation of an evidence based and competence guided approach to therapy. Participants will experience a variety of patients during 5 hands-on sessions in the pool, supervised by the lecturers. Included are a detailed handout, CD's, DVD's, plus beverages during coffee/tea breaks. Concepts:

- Halliwick: Ten-Point-Program and Water Specific Therapy + DVD
- The Bad Ragaz Ring Method + login to [www.badragazringmethod.org](http://www.badragazringmethod.org)
- Aqua-T-Relax, passive relaxation including e.g. neurodynamics and spinal mobilisation
- Clinical Ai Chi focused in postural control and influencing connective tissue + DVD/CD
- Aquatic Fitness introduction and measurements
- Theoretical framework: Evidence Based Practice, the ICF, Dynamic Systems Model

**The Halliwick and Bad Ragaz modules are certification modules with examination (optional)**

### Comments by participants of the 2009 course:

The Aquatic Therapy course at Klinik Valens has a strong focus on evidence based practice. The course also includes a large amount of practical teaching to improve handling skills and increase the options in aquatic rehabilitation. The opportunity to treat patients and develop clinical reasoning skills is also very beneficial. The references and audiovisual materials for the course are excellent

*Sophie Heywood, B Physio (Hons), M Physio (Sports), Cert Hydro (UK)  
Sunshine Hospital, Western Health, Melbourne, The Melbourne Sports Medicine Centre, Carlton Football Club.  
Chair of the APA Aquatic Physiotherapy Group.*

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This course allowed me to build and to acquire knowledge from the existent evidence in Hydrotherapy. Urs Gamper and Johan Lambeck enable that the course exceeds the mere theoretical knowledge and joined concepts of evaluation and treatment, with the most recent practices in the world. They turned it into reality in the patients' treatment in water that we had to perform, after all that was the reason for being there. The different cultures and experiences of the participants made me rich all the time and we broke frontiers. This course is worthwhile for the model, for the content and for the experience.

*Rute Crisóstomo, PT*

*Lecturer at the: Escola Superior de Saúde Dr. Lopes Dias - Instituto Politécnico de Castelo Branco- Portugal*



Int. Aquatic Therapy Foundation



Int. Halliwick Therapy Network



Bad Ragaz Ring Method Foundation